

Prep Team

2026–2027 Season · Ages 7–12 · Coach Layla, head coach · Coaches Kaci, Alayna and Kier

OFFERED	MINIMUM	MEETS	TUITION	DRYLAND
3 practices / week	2 / week · 1 if multi-sport	2 per season	\$150 / month	Mondays

GOALS FOR THIS GROUP

Prep is the **second level** of our competition program. The focus is improving swimming ability through consistent technical work and weekly exposure to all aspects of competitive swimming.

Swimmers are introduced to times, distances, and intervals, but the emphasis stays on **efficiency and skill**. The goal is an IMR and IMX score, state qualifying times, and a successful move into the Junior Team.

GROUP FOCUS

- Technical development and efficiency.
- Introduction to racing strategy — pace and interval awareness.
- Building endurance and consistency in practice.
- Understanding and respecting group training dynamics.
- Preparation for their future in swimming.

Commitment: practice and competition

Minimum 2 practices per week, or 1 per week while playing another sport during that sport's season. We encourage multi-sport athletes — they develop at different rates, sometimes faster.

Minimum 2 meets per season, at least one a USA Swimming meet. Participation in competition is a key part of success in this group.

WHAT WE LOOK FOR DAILY

- On deck ready, suited, with fins.
- Water bottle at the wall.
- Listens to the full set before pushing off.
- Legal turns and full walls on every repeat.
- Leaves on the interval and keeps the lane moving.
- Asks a question when something is unclear.

MOVING UP TO PREP PLUS

Advancement follows the USA Swimming Athlete Development Model and our values of Ownership, Leadership, Collaboration, Passion, Performance, and GRIT. We look for growth in all four areas — not speed alone.

COMPETENCE

6 x 50 freestyle on :50. Legal 200 IM. 3 x 200 freestyle with :20 rest, all flip turns correct. Consistent flip turns. Understands pace, intervals, and pace clock usage. Achieves an IMR score.

CONFIDENCE

Completes full practices without excessive fatigue or sloppy strokes. Races events they have not mastered yet.

CONNECTION

Works with the lane, not against it. Supports teammates through hard sets.

CHARACTER

Respect for coaches and teammates, with no discipline concerns. Consistent attendance.

WHAT YOU CAN GET OUT OF THIS GROUP

These athletes can swim all four strokes and begin learning about **time standards and goal setting**. They start to see the connection between hard work, consistency, and outcomes, and learn the basics of *training*. We introduce the pace clock and swimming with both correct technique and speed.

We use a lot of **role playing and games** to teach these skills, alongside team building and sportsmanship.

Swimmers in this group attend more meets, and are often **separating from parents** at those meets. So they also begin practicing independence and ownership of their own participation in the sport.

We also layer the foundation for **general physical fitness** and being healthy both in and out of the water.

IMR — what it is

An **IM Ready** score comes from competing a **50 of all four strokes, a 200 freestyle, and a 200 IM**. Achieving one is a goal for every swimmer in this group.

Extra Conditioning — Brattain Sports Performance

Open to swimmers **10 and older**, and to 8- and 9-year-olds where maturity supports it. Brattain builds progressive loading and general athleticism on a track that aligns with our in-water progressions. Optional, and a strong fit for swimmers who want more.

EQUIPMENT

- **You provide:** fins.
- **The team provides:** pull buoys, kickboards.
- Purchase items are on our Swim Outlet store.

HYDRATION ON DECK

Soda and caffeinated beverages are not allowed during workouts or anywhere on the pool deck. Water is best. If your swimmer is not drinking water, an electrolyte replacement drink is recommended.

STAY CONNECTED



Prep Team calendar
practice times



Meets & Events
all families

GroupMe — "SLST Prep & Little Waves"
groupme.com/join_group/96404297/GT4dPI5U